**bobbing –** repeatedly coming up and going down under water with the body, taking a new breath every time you surface

**prone –** front or stomach position

**prone float –** lay flat on stomach, arms and legs relaxed and motionless, put face in water, blow bubbles out of nose and hum to prevent water from getting up nose

**back float –** lay flat on back, arms and legs relaxed and motionless, keep head back with ears in water, chin up

**Remember: the body always follows the head! If your head is out of the correct position, your body must work extra hard to make up for it.**

**glide –** push off from the wall, hands straight out in front, do not move the arms

**flutter kick –** basically a straight leg kick, the kick comes from the hips not the knees, don’t ride a bicycle, point toes, keep ankles relaxed, loose, and floppy

**flutter kick with kickboard**

**stomach –** two hands on the board with arms extended, board should lay flat on the surface of the water, keep your face out of the water

**side –** lay completely on your side, one arm on the board, lay your ear on your shoulder, top arm rests on your side, kick should not splash water around

**back –** hug your kickboard with your arms crossed, keep your head back, chin up in the air, and ears in the water

**sculling –** small arm movements near the hips that help you move through

the water

**3/3 drill –** also called **rhythmic breathing**, on stomach with face in water for 3 seconds, switch to you side with ear in water for 3 seconds (face in, ear in, face in, ear in)

**3/1 drill –** 3 seconds with the face in, but only 1 second on side with ear in (helps prepare you to swim freestyle)

**circle swim –** a safety method used when multiple swimmers are sharing a lane, think of your lane as a road, always swim on the right side, when you are done make a U-turn and continue swimming on your right

**25 yards** – length of the pool